

Forgiveness Exercise

I forgive _____ for _____ and free myself from the weight of this burden. I now choose to move forward. (3x's)

I forgive myself for holding on to and allowing this to torture me for as long as it has. (3x's)

You will do this for everyone that you have to forgive. This is not about being right or wrong. This is about releasing the energy.

Affirmations:

- I know how to forgive myself and others.
- I forgive myself and others.
- Forgiving does not mean accepting. The act of forgiveness takes place in our mind. It has nothing to do with "them".
- The past is gone, the future is yet to come. All that we have with us is the present. But how can we live in the present if we cling to the past? The past is like a monkey on our back. The bigger it is, the slower our progress. Throw away the monkey, become lighter and proceed.
- The past is gone. I live only in the present.
- I live in the now and design my future. The past has no effect on my present.
- I follow the principle of live and let live.
- I realize that my parents gave their best to me. I forgive them for any wrong that they unknowingly did to me. I also forgive myself for holding a grudge against them.
- I forgive myself for being imperfect like everybody else. However, I still manage to live the best life that I can.
- As I forgive myself, it becomes easier to forgive others.
- As I follow the path of forgiveness, life becomes a new, clean slate on which I can draw my new life plan as I wish.
- Each day is a new opportunity. Today is the first day of my new life.
- I forgive everyone from my life in the past and love myself into the future.



SacredSpace
of Wilmington

The weak can never forgive.
Forgiveness is the attribute of the
strong.

Mahatma Gandhi

Welcome To
Sacred Space Of Wilmington
March 15, 2015

Enlightenment Services 7:00pm

Music Forgiveness By Matthew West

It's the hardest thing to give away

And the last thing on your mind today

It always goes to those who don't deserve

It's the opposite of how you feel

When the pain they caused is just too real

It takes everything you have just to say the word...

Forgiveness....Forgiveness

It flies in the face of all your pride

It moves away the mad inside

It's always anger's own worst enemy

Even when the jury and the judge

Say you gotta right to hold a grudge

It's the whisper in your ear saying 'Set It Free'

Forgiveness, Forgiveness

Forgiveness, Forgiveness

Show me how to love the unlovable

Show me how to reach the unreachable

Help me now to do the impossible

Forgiveness, Forgiveness

Help me now to do the impossible

Forgiveness

It'll clear the bitterness away

It can even set a prisoner free

There is no end to what it's power can do

So. let it go and be amazed

By what you see
through eyes of grace

The prisoner that it
really frees is you

Forgiveness,
Forgiveness
Forgiveness,
Forgiveness

Show me how to love
the unlovable

Show me how to reach
the unreachable

Help me now to do the
impossible

Forgiveness

I want to finally set it
free

So show me how to see
what your mercy sees

Help me now to give
what you gave to me

Forgiveness,
Forgiveness

Schedule

Greetings and Announcements 7:15pm

- Where Sacred Space is and going
- What you can do to help (Letters)
- Prayer Requests Book
- Newsletters
- Go Fund Me is running

Meditation 7:30pm – 7:45pm

Spiritual Talk on Forgiveness 7:45pm

Forgiveness Affirmations (See back of program)

Meditation to forgive others and ourselves

Spiritual Lesson with Rev. Barbara

Gathering with Question & Answer 8:30pm

Dinner: Gluten Free Vegetarian pasta & Regular Pasta

Notes
